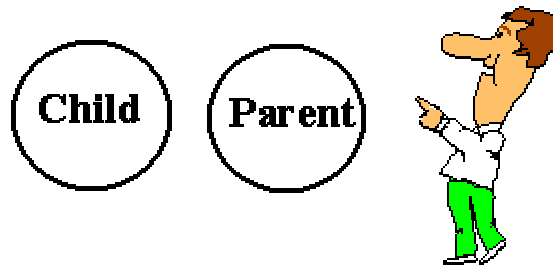


Parallel Learning Technology

Transitional Passage Emotional Self-Control

Behavior is the result of how we see the world, how we see ourselves, and how we reason. That is why it comes at the end of this discussion on the perception, attitude, and thinking processes that occur in the normal course of the transitional passage to adulthood. Let's recap these aspects and then look at behavior.

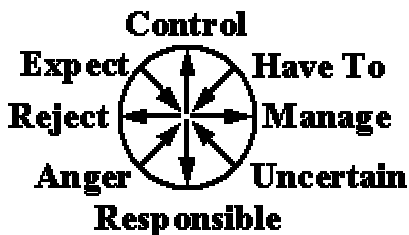
The adolescent transitions to adulthood by discovering the perception that they are "different from but equal to" the parent...



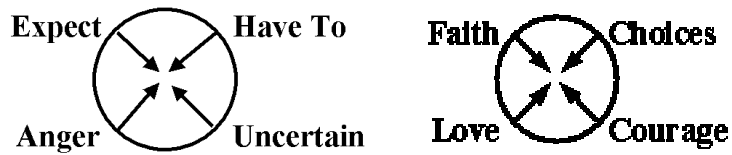
... developing an attitude of self-identity that includes the seeds of maturity: self-authority, self-responsibility, and self-accountability ...

... and thinking beyond the five basic needs; reaching a healthy self-centered love that includes attention, respect, and appreciation for self.

Our behavior during this passage into adulthood is still focused on the aspects of control.



But the ability to make our own decisions, take action, and accept consequences begins to give us a clue that there is another way to relate to ourselves and others.



We begin to discover a world (a perspective) that is more natural to us. One in which:

- “Have to” can be converted to “Choices”
- “Uncertainty” can become “Courage”
- “Anger” can become “Love”
- “Expectations can become “Faith”

Self-authority, self-responsibility, and self-accountability take a firmer hold in our lives and we begin to experience emotional self-control. This causes the necessary ‘self-centeredness’ of adolescence to evolve into a beginning form of personal power.

**(Excerpt: Resolving Stress and Conflict in Relationships,
Chapters 1 and 6)**